

Personal Security Self-Assessment Checklist

- ◆ Trust your instincts (little voice in the back of your mind). If something does not feel right, it usually isn't.
- ◆ Do you vary your times and routes to and from work? Schedules that are the most predictable leave you the most vulnerable. Be unpredictable when possible in both your work and social schedules.
- ◆ Do you keep your doors locked and windows closed (residence and vehicle)?
- ◆ Do you check the interior and exterior of your vehicle prior to getting into your vehicle? Look for things that are irregular or abnormal.
- ◆ Do you maintain a low personal profile by not doing anything that draws attention to yourself?
- ◆ Are you alert to what is going on around you?
- ◆ Are your colleagues and family aware of your daily plans and do they know how to reach you?
- ◆ If possible do you have alternate forms of communication should the cell network be unavailable?
- ◆ Do you and your family have contingency plans?
- ◆ Do you have a "Go Bag? Should you need to leave the country unexpectedly?
- ◆ Do you always keep the gas tank of your car at least ½ way full?
- ◆ Do you have an emergency stash of water, food, prescriptions and other necessary daily products?
- ◆ Are you aware of your surroundings? What the "norm" is?
- ◆ Do you have all emergency numbers memorized or programmed into your phone?
- ◆ In traffic, do you attempt to leave space in which to maneuver? Always leave yourself an exit. Be prepared to take evasive action at any time.
- ◆ Are you aware of diversions and certain roadblocks? If you are being followed or harassed by another driver, try to find the nearest police station, hotel, or other public facility to call the Police. Never lead the person back to your home or stop and get out.
- ◆ Whenever possible, do you alternate days and times for shopping, errands and personal needs? Be unpredictable.
- ◆ Do you ensure all of your family members and domestic staff are briefed on security measures?

❖ Most importantly have you registered with the American Embassy Consular Office?